

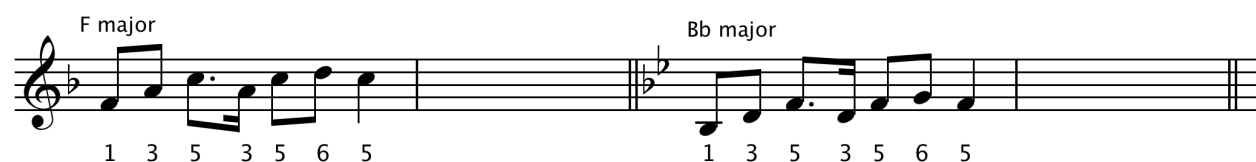
Traveling by Fourths



Let's go through The Circle (on p. 73 in Appendix A) counterclockwise—by fourths. Starting in C, next is F, then Bb, and so on till you end up back at C. Appendix C, p. 78, lists the many ways you can travel through all the keys. **The complete exercise is written out in the Sheet Music section, p. 58. (In this sneak peek document, the sheet music is copied at the bottom of this page.)**



Play the first measure through all the keys now. Use the Circle of Fourths as your transposition map. Notice that the last note of the phrase leads to the first note of the new key. Just go down one whole step. Accompaniment for the first measure of *Michael, Row the Boat Ashore*, is on **Track 10 @ 60 bpm**. **Track 11** contains the same music a little faster, 80 bpm. (Track 10 is not included with this sneak peek document.)



Track 10 and 11

Exercise: p. 26

Row, Michael, Row

arr. Mary Ellen Grace



Triads and Chords

The Basic Triad

Longtones, Scales, and now **ARPEGGIOS**. We'll focus mainly on the major triad, composed of the tonic, third and fifth of the scale, 1-3-5 or do, mi, sol. There are many songs that outline triads in their melodies. I'll show you a few and then list some more for you to transpose through all the keys.

Remember, these are warmup exercises designed to be FUN. You don't need to do all of them at once. Take turns playing a different melody each day. When you find other songs that use the triad, jot them down in this book. I've provided some blank staff paper at the end of this chapter.

African-American Spiritual

Michael, Row the Boat Ashore neatly outlines the triad in its opening phrase. This spiritual includes all pitches of the major scale except the seventh. The pitch numbers are: 1-3-5-3-5-6-5, 3-5-6-5, 3-5-5-3-4-3-2, 1-2-3-2-1. Solfege: do-mi-sol-mi-sol-la-sol, mi-sol-la-sol, mi-sol-sol-mi-fa-mi-re, do-re-mi-re-do. Here is the music for the whole song in the key of C major. Give it a play.

Michael, Row The Boat Ashore, C major *African-American Spiritual*

1 3 5 3 5 6 5 3 5 6 5 3 5 5 3 4 3 2 1 2 3 2 1

You know what's coming next, don't you? Transposing time!



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F major

Bb major

1 3 5 3 5 6 5 1 3 5 3 5 6 5

Track 10 and 11

Exercise: p. 26

Row, Michael, Row

arr. Mary Ellen Grace

C F Bb

5 Eb Ab Db

8 Gb B E

11 A D G C